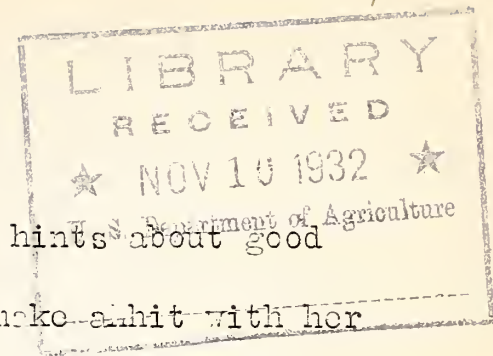


Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

ROAST STUFFED PORK SHOULDER



119
H755 Pr
Almost every housekeeper in these times is looking for hints about good cheap dishes -- especially meat dishes -- that are likely to make a hit with her family. The "picnic shoulder" of fresh pork is one of the most satisfactory and economical cuts to buy. It is excellent boned, stuffed, and roasted, and is as good sliced cold for sandwiches as it is served hot for dinner.

Like all fresh pork, the stuffed shoulder requires thorough cooking. The idea is to cook the meat well done to the center of the piece and at the same time keep the outside from getting hard and dry. So we sear the surface to develop rich flavor and then cook the roast slowly at a moderate temperature for a fairly long time. Do not cover and do not add water to pork roasts, say the meat specialists of the Bureau of Home Economics, U.S. Department of Agriculture.

Have the butcher skin a trimmed, fresh, picnic shoulder of medium or large size and remove the bones. Wipe the meat with a damp cloth. Lay the boned shoulder fat side down and carefully cut a few gashes in the parts where the meat is thickest so that it will hold more stuffing. Sprinkle with salt and pepper. Fill in some of the hot stuffing, begin to sew the edges of the shoulder together to form a pocket and gradually work in the rest of the stuffing, not packing it, but putting in lightly as much as the shoulder will hold. The recipe for stuffing given below makes the right quantity for a 3 to 4 pound shoulder; for a larger shoulder make the stuffing on a basis of 3 cups of bread crumbs and increase the other ingredients proportionately. Rub the outside of the stuffed shoulder with salt, pepper, and flour. Place the roast on a rack in an open pan without water. Sear the meat for 30 minutes, or until lightly browned in a hot oven (480°F). Then reduce the oven temperature rapidly to very moderate heat (300° to 325°F.) and continue roasting at this temperature until the meat is tender. A 4-pound shoulder will require about three and one-half hours to cook when these oven temperatures are used.

Savory Stuffing

2 cups fine dry bread crumbs	1/8 teaspoon celery seed
1/4 cup chopped celery	1/4 teaspoon savory seasoning
2 tablespoons fat	3/4 teaspoon salt
1 tablespoon chopped onion	1/8 teaspoon pepper
1 tablespoon chopped parsley	

Melt the fat in a skillet, add the celery, onion, and parsley, and cook for a few minutes. Then add the bread crumbs and other seasonings and stir until well mixed and hot.

-----M-----

